



Sally A. Shumaker, Ph.D.

Sally A. Shumaker, Ph.D., holds a doctoral degree in psychology from the University of Michigan, with post-doctoral training in environmental and health psychology and epidemiology from the University of California Irvine and Los Angeles. In addition, she was a fellow in the Executive Leadership in Academic Medicine (ELAM) Program and has formal training in mediation and conflict negotiation. Currently, she is a tenured full professor in public health sciences and internal medicine, director of the Office of Intercampus and Community Program Development, associate dean of Research and Career Development, and the founding director of the Wake Forest University's National Women's Health Center of Excellence. Prior to joining the faculty at Wake Forest University, Dr. Shumaker was a Health Science Administrator at the National Institutes of Health (National Heart, Lung, and Blood Institute), and prior to that she was on the faculty at The Johns Hopkins University.

Dr. Shumaker has been the principal investigator and co-principal investigator on a number of NIH, foundation and industry-sponsored clinical trials and observational studies. Currently, she is the PI with the Women's Health Initiative (WHI-CFC), and PI on two major ancillary studies to the WHI-Memory Study and WHI-Study of Cognitive Aging. In addition to these ancillary studies to WHI, Dr. Shumaker chairs the WHI Performance Monitoring Committee and co-chairs the Behavioral Advisory Committee. Dr. Shumaker is the PI on the Cognitive Study of Tomoxifen and Raloxifene (Co-STAR), and a co-principal investigator on a DOD grant looking at the effects of exercise on lymphedema and quality of life in women recently diagnosed with breast cancer.

Dr. Shumaker's research focuses on healthy aging in post-menopausal women, with an emphasis on the prevention and treatment of short-term consequences of estrogen decline, and more long-term conditions that reduce health-related quality of life and/or increase declines in physical functioning. In addition, she has a strong interest and history of research in behavior-based interventions (e.g., exercise, diet). She has conducted a number of studies on methods to enhance adherence/retention to interventions and has edited two books on this topic. Dr. Shumaker has more than 100 publications in the areas of women's health, dementia and cognitive functioning, health-related quality of life, adherence, and psychosocial factors in disease history and progression. She has given invited addresses on these topics throughout the world. She is a member of a number of national and international professional organizations and holds fellow status in the Society for Behavioral Medicine, the American Psychological Association, and the American Psychological Society. Dr. Shumaker teaches women's health issues and women and aging. She is on the board of directors for the Jacob's Institute of Women's Health, which is designed to enhance the advancement of women in leadership roles within academic medicine, and conducts workshops in the AAMC's programs designed to enhance women faculty development.